James Wood to induct five into Hall of Fame

James Wood High School will induct five athletes into its P. Wendell Dick Athletic Hall of Fame on Friday.

The 22nd annual ceremonies will begin with a reception at 5:30 p.m. and will be followed by a ceremony at 6 p.m. in the gymnasium. The inductees will be recognized on the field at halftime of the 7 p.m. football game against Brentsville.

Heather Armel (2010)

Armel is being inducted for her performance in basketball and volleyball.

In basketball, Armel ranks second all-time in program history in points scored with 1,633 and held the all-time record for 10 years. She is also second in made 3-pointers (147), third in steals (245), fourth in rebounds (567) and seventh in assists (212). She was a Winchester Star All-Area selection who went on to play for Midland College for a year.

Mark Bean (2012)

Bean was a standout in wrestling and football.

A team captain for three years, Bean qualified for the state wrestling tournament four times. He placed fourth in his weight class in 2011 and third in 2012 and had 40-plus wins in 2009 and 2010. He ranks seventh in school history with 158 wins and has a career winning percentage of .794. Bean was a linebacker in football who was a captain and the team's leading tackler in 2010 and 2011, earning Second Team All-State honors as a senior in 2011. Bean finished with a school-record 297 tackles and held that mark until last fall when Zach Smith broke the mark. Bean is now second on the list.

Harold Cooper (1977)

Cooper starred in basketball and is being inducted posthumously.

Cooper was James Wood's all-time leading scorer with 1,336 points until 1984 and currently ranks fourth all-time. He averaged 19.4 points per game, and the Colonels won 70 percent of their games in his career. He set a single-game school record of 39 points in his senior year, which is now second all-time, and he scored in double digits in 59 of his 69 career games. Cooper was First Team Winchester Star All-Area as a sophomore, junior and senior. As a senior in 1977, he was also the Commonwealth and Winchester Star Player of the Year. He played one season at Davis & Elkins College.

Will Holmes (2014)

A golf standout, Holmes lettered all four years of his career.

Holmes was team MVP as a junior and senior, earned selection to The Winchester Star All-Area team as a sophomore, junior and senior, and was named The Star's and Northwestern District's Golfer of the Year as a junior. Holmes earned All-Region honors as a senior and was 10th at the 2013 Group 4A state tournament. Holmes contributed to two district team titles, two Skyline Invitational titles and won the Dr. Glenn Invitational in West Virginia. Holmes played for Shenandoah University and was the team's No. 1 golfer his junior and senior years. He is the only golfer to record a hole-in-one on the 10th hole at Winchester Country Club in its 101-year history.

Stephany Maphis (1997)

Maphis is being inducted for her efforts in tennis, volleyball and basketball. She was a four-time James Wood Player of the Year from 1994-97.

In tennis, she was a four-time Winchester Star All-Area selection and the Star's Player of the Year as a freshman in 1994. In volleyball, Maphis was a First Team All-Area and Second Team All-District selection who was a key player on the 1997 state semifinalist team.